



february 23/24

*It's More Than Just Sex*  
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## Introduction

This week, Pastor Jesse concludes our three-week series, *What Happy Couples Know*. In week one, Pastor John taught us happy couples know themselves. Each spouse recognizes what they caught about marriage while growing up influences their view of marriage today, and both husband and wife realize they are flawed and forgiven. Last week, Pastor Chip stressed the importance of healthy communication and how every marriage needs help in certain seasons. In this third and final message, Pastor Jesse reminds us happy couples know "It's more than 'just sex'" and "It's not just physical." Rather, they grasp the far-reaching impact of this powerful, God-given gift.

## Discussion

1. Pastor Jesse pointed to the alignment between the Old and New Testaments in **Genesis 2:24** and **1 Corinthians 6:16**. Read these verses aloud and talk about the shared meaning of "one flesh" in both verses.
2. Consider the following in-depth and thought-provoking statements from Pastor Jesse:  
"...because sex is intended to unify two people, bonding them together...it's really, really powerful."  
"Marriage is the only thing strong enough to keep you from being harmed by the power of sex."  
Discuss how the power of sex is tied to its bonding nature and why marriage is the only thing strong enough for this powerful union to take place in.
3. Pastor Jesse wisely unfolds, "Everything we do has some kind of spiritual impact on us – including what we do in our sexual lives." As a group or on your own, think through this truth. What are some activities you normally do such as going to work, preparing your taxes, serving as a caregiver, watching TV? How do they affect you spiritually? Similarly, how do our daily interactions impact us spiritually? Next, ponder and discuss the great extent to which our sexual lives [in thought and action] impact us spiritually.
4. Pastor Jesse encourages us with this nugget of gold: "When we approach sex how God intended, it'll create a life together that looks very much like life with Jesus." How does this challenge you to seek godliness in this critical area of your life/marriage?

## Do something

1. Plan an hour or half day getaway with the Lord in solitude. **Read Matthew 5:27-28**, and ask God to search your heart. [Schedule a babysitter, block it off on your calendar, ask a fellow group member to keep you accountable.]
2. **Read Exodus 34:6-7, Jonah 4:1-2 and Psalm 103:1-12**, and note the repeating truth. Finally, **read Psalm 51:7**. Spend time confessing any revealed areas of sin that have surfaced through this message, and bask in God's forgiveness.
3. If you are struggling in this integral part of your life, seek help from a trusted mentor, counselor, small group leader or pastor. Contact them today to set up a meeting in the near future.

## Resources

Sign up for a free RightNow Media account at [prairielakeschurch.org](http://prairielakeschurch.org).

1. *A Lifelong Love* by Gary Thomas - Sessions #5 and #6, "The Spirituality of Sex" and "God's Design for Sex"
2. Episode 7 of *The Sacred Search* by Gary Thomas, "Sex and the Neurochemical War"  
RightNow Media says, "In *The Sacred Search*, Gary Thomas will transform the way you look at romantic relationships. Whether you are single, dating or engaged, Gary's unique perspective on dating will prepare you for a satisfying, spiritually enriching marriage even before you walk down the aisle."
3. "What about Sex?" message by Pastor Chip Uhrmacher in the *Hang-Ups* series  
What we do with our bodies is worship. God created sex as a powerful force that can either bless or harm us. He gave us sex as a gift, a gift between a husband and wife that points to something greater.